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# STUFFED BELL PEPPER



**PORTION SIZE:**  
**1 SERVING**

Ingredients (yields 50 servings)	Quantity
JENNIE-O® Taco Seasoned Ground Turkey, 3.01 oz., 285628, 4/7#, frozen	7 lb. 1 oz.
Tap water	1 qt., 2 c.
Whole grain brown rice, parboiled	1 lb. 9 oz.
Shredded cheddar cheese	1 lb. 9 oz.
Green bell peppers	25 whole
Corn chips	4 lb. 11 oz.

Directions
<ol style="list-style-type: none"> <li>1. Cook rice according to package instructions.</li> <li>2. Heat taco meat using the boil-in-bag method or steamer method.</li> <li>3. Cut bell peppers in half from top to bottom, removing stem, ribs and seeds.</li> <li>4. In large mixing bowl, combine prepared taco meat and brown rice.</li> <li>5. Place pepper halves on lined sheet pans.</li> <li>6. Using a #16 scoop, place two (2) scoops of taco meat/rice mix in each pepper half.</li> <li>7. Cover sheet pan with foil.</li> <li>8. Preheat oven to 350°F and bake for 40 minutes.</li> <li>9. Take peppers out of the oven and sprinkle with shredded cheddar cheese.</li> <li>10. Bake an additional 10-15 minutes uncovered.</li> </ol> <p>Offer each student one pepper half and 1½ oz. corn chips to provide 2 oz. eq. Meat/Meat Alternate, 2 oz. eq. Whole Grain Rich, ½ cup Vegetable.</p>

2.26 oz. turkey taco meat provides 1½ oz. meat/meat alternate  
 ¼ c. brown rice provides ½ oz. eq. whole grain rich  
 ½ oz. shredded cheddar cheese provides ½ oz. meat/meat alternate  
 ½ c. green bell pepper provides ½ c. vegetable  
 1½ oz. corn chips provides 1½ oz. eq. whole grain rich

For preparation by a food preparation establishment only, according to the food code or equivalent.

\*Indicates missing Nutrient Information.

Nutrients Per Serving					
Calories	418 cal	Sodium	593 mg	Calcium	90 mg*
Fat	23 g	Carbohydrates	40 g	Vitamin A	220 iu*
Saturated Fat	6 g	Dietary Fiber	3 g	Vitamin C	49 mg*
Trans Fat	0 g	Protein	20 g	Vitamin D	0 mcg*
Cholesterol	51 mg	Iron	2 mg*		

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